



PE 308 Theory and Psychology of Coaching

Chapter 5 Coaching Diverse Athletes



Key Concepts

- Coaching teens and adolescents requires an understanding of developmental characteristics during the three stages of adolescence (early adolescence, middle adolescence, and late adolescence).
- Maturational differences are greater between the ages of 10 and 16 than any other time in the human life span; therefore, coaches must be sure to take maturational differences into consideration.
- Coaches must recognize the importance of cultural heritage by learning about the differences in the cultural heritage of their athletes and by coaching in light of these differences.



Key Concepts

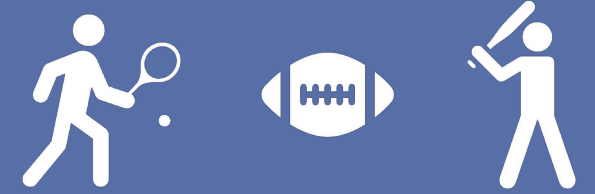
- Gender differences remain relatively stable over the years, and gender inequality is the main issue regarding opportunities for girls and women to participate in sport.
- Coaches must be aware of the numerous sexual issues that exist in society and therefore appear in sport.
- Coaches have a legal responsibility to make reasonable accommodations to help athletes with physical and intellectual differences.

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- Understanding the uniqueness and individual differences among athletes.



Diversity

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- 1. Early Adolescence (ages 11-14)
 - 2. Middle Adolescence (ages 15-17)
 - 3. Late Adolescence (ages 18-21)



Developmental Characteristics of Adolescence

- 1. Physical Maturation
 - a. Maturation matching
 - b. When the early mature loses the biological advantage
- 2. Other Maturation Differences
 - a. Intellectual maturation
 - b. Emotional maturation
 - c. Social maturation
- 3. Coaching recommendations for handling maturational differences



Maturation Differences



Cultural Differences



- 1. The role of athlete cultural heritage in coaching
- 2. Eliminating stereotypes and prejudice in sport
- 3. Setting athlete expectations without stereotypes or prejudice
- 4. Coaching recommendations for handling cultural differences



Gender Differences



- 1. Understanding gender difference
- 2. Gender equity
- 3. Sexual orientation
- 4. Coaching recommendations



Sexual Issues



- 1. Sexual Harassment
- 2. Sexual Relations
- 3. Coaching Recommendations
- 4. Sexual Abuse



Physical and Intellectual Differences

- Understanding these differences
- Types of Disabilities
 - a. Sensory impairments (deafness, blindness)
 - b. Physical disabilities (amputation, cerebral palsy, spinal cord injuries)
 - c. Mental disabilities (intellectual disabilities, learning disabilities, attention disorders)
- Together or Separate
- Americans with Disabilities Act
- Coaching recommendations for physical and intellectual differences